

Dictated by Dr. Macchardy, the telephonist
March 8, 1911.

The Janglas & Heable Britons
after examining all the students
in residence at A. H. S. &
that their health is on the whole
satisfactory. In one or 2 cases
there was some evidence of
strain at an earlier age (during
Kidd) & some evidence also of
nervous instability. However the
regular life of the res. is in my
opinion a distinct advantage
to all who are strong enough to take
up their work. In my opinion
the average age is rather young.



Annesley Hall
Queen's Park
Toronto

To the
Committee of Management,
Annesley Hall, Toronto.

I beg respectfully to report that at the opening of the present Academic Year 1910-1911 I saw all the students at residence at Annesley Hall and South Hall, and found their health and general physical condition, on the whole, satisfactory, though I think most of them at least, would benefit from College life and the opportunities of gymnasium exercise and training which are afforded here.

The total number of students was 81, of whom 40 entered for the first time. The latter were all carefully examined, and advice given in regard to exercise &c.

I have the honour to be,

Your obedient servant,

(Signed) Helen MacHurchy

March 30th, 1911.

Report of Training Physicians.

4 copies.



Annesley Hall
Queens Park
Toronto

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Committee of Management
Annesley Hall.
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I respectfully to report that at the opening of the present Academic Year 1910-1911 I saw all the Students at residence at Annesley Hall and South Hall, and found their health and general physical condition, on the whole, satisfactory, though I think most of them at least, would benefit from College life and the opportunities of Gymnasium exercise & training which are afforded here. The total number of Students was 81, of whom 40 Entered for the first time. The latter were all carefully examined, and advice given in regard to Exercise &c. I have the honour to be

March 30th 1911

Your obedient Servant.
H. MacLachlan

1905 -

Rep. of
Examin. Phys.

At the beginning of the Academic year forty-nine medical examinations of students were made. Twenty-one of these students were just entering the gymnasium, while the remaining twenty-eight had done work there during previous years. The purpose of these examinations is to ascertain in each case the general condition of health and physical capacity, as a guide to the best use of the gymnasium during the year and to any modification of the hall life which may seem advisable.

The majority of the students examined were in very good physical condition but a considerable number showed a tendency to habitual deviation from normal position or various slight physical weaknesses which made necessary special prescriptions for their gymnasium exercises, as well as advice as to the conduct of their daily life, and a certain amount of oversight during the session.

Some girls, who have had but little previous exercise, or who possess by nature rather weak physical frames, come in with a lax, undeveloped muscular system and a more or less fixed habit of falling into a wrong position of standing or sitting. This, if left uncorrected, is liable to develop into a permanent faulty position. The aim is to strengthen the body generally and develop the muscular system, and to correct the wrong habits which are largely the result of carelessness and physical weakness, by means of suitable exercises and the development of a proper mental conception of normal form and position.

In many of these cases there has been a very noticeable improvement. This is especially the case when the student's ambition and self interest can be aroused so that she will co-operate to the fullest extent with those who are endeavoring to help her; because in the case of faulty positions the mental attitude is necessarily a great factor in the replacing of bad habits by good ones.

Annesley Hall is at some disadvantage in being obliged to conform to an outside time-table instead of adjusting its own, as do many of the larger college residences. Thus the only feasible hour for regular gymnasium work is in the early morning and before the breakfast. While on the whole this seems to suit the students very well, there are a few to whom exercise at that hour is unbeneficial or even harmful, and for this reason they have had to drop out of the regular gymnasium work.

Again, from the same cause, there appears to be a difficulty at times in arranging repeated examinations for those who should have them during the session.

However, with each year we feel that we are gaining experience which will help us to deal more effectually with the different phases of this very important department.

Respectfully submitted,

Lelia A. Davis

Alexandra Palace,
University Ave.,
May 10th, 1905.

Medical examiner to
Annesley Hall Gymnasium.

At the beginning of the College year thirty-four students received physical examinations. The majority of these were found to be in quite good physical condition. Some had contracted faulty positions of body due to careless ness or lack of proper exercise; & a few were rather noticeably lacking in development. But the conditions were all such as should be improved & removed by systematic & carefully supervised exercise; both gymnastics & outdoor.

Twenty-eight students from former years reported or were examined as was necessary. It was encouraging to hear a number of these reports

a gain of health & strength during
their college life, & improvement
in bodily position & carriage was
also noted. A larger number appeared
& have taken advantage of gymnasium
privileges than in preceding years.

Among all the students there was
in evidence an increased interest
in physical culture & a greater ap-
preciation of its place in college work.

Respectfully Submitted

Lelia H. Davis

Medical Examiner &
Dumouley Hall Gymnasium

The Skaneateles
University Soc.

April 7th 1909



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